

Harper Center Bulletin

Williamstown
Council on
Aging

July 2016 Newsletter

Hey! It's July and it seemed like May and June just sailed by! It's hard to believe that the days will become progressively shorter from this point onward so let's just ignore it and roll into summer wearing our sunscreen...sorry, I digress.

Anybody familiar with the old refrain that summer is officially over following the 4th of July? I have no idea where this started but I remember being told that summer actually started on Memorial Day and ended on the 4th of July. What were they thinking? Maybe a farming community saw the lack of holidays thru the summer as meaning it's over and no official breaks from work? Don't know but as far as I can tell, we've just started!

Hopefully we'll get some rain here and there. Everything is dry and needing to be watered daily.

From the coming attractions department, a bunch of local organizations and people will be marching from Southworth Street to Spring Street in the annual Town 4th of July parade. We promise that it won't rain this year-it will start at 11:00A.M. Don't miss it!



Farmers Market coupons

OK people stop asking please! Not yet!!! We know that they will be out at some point in July, likely mid to end of the month, and we'll let you know as far in advance as we are able.

The rules will be the same as last year; there are forms to be filled and the process will be first come, first served until they're gone. We'll have availability for 25 people to acquire these coupons. We'll have all the information available for you when you come to get your coupons, including the time when we'll be providing them. So we'll post the details here at Harper and on line when we are notified. See you then.

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July 1st, 2016

The Williamstown Council on Aging can be found in the Harper Center at 118 Church Street. 458.8250 is the telephone, fax is 458.5156 and email to: bogrady@williamstown.net You can also find us on the municipal website at www.williamstownma.gov or at www.facebook.com/williamstowncouncilonaging Serving Town elders since 1966!

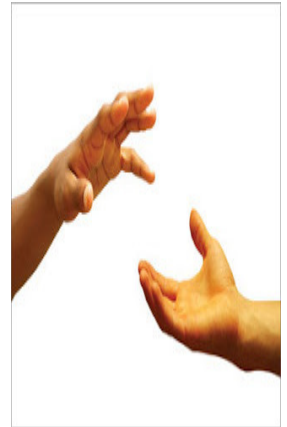
Inside this issue:

Adult day	2
Orpheus in the Berkshires	2
Ticks	2
Fort Massa-	3
AMP Thanks	3
Judy/Kira	3
Page 4 notes	4

Adult Day Health

One of the key assets we have to help keep compromised elders viable in their own homes is the Adult Day Health program operated by the Brien Center in North Adams. They're in the former Transcript building on American Legion Drive. Personally, I have worked with the folks at the ADH for many years and they have always been a great resource for caregivers who are trying to help their friends and family members at home and avoid un-wanted nursing home placement. The North Adams center is a place where elders and handicapped younger people can go-it's a safe environment with activities, meals and there are nurses and social workers on the staff there every day so they can not only handle medication dispensing but are trained to assist with life's other happenings as well.

Kathy McClain, the Adult Day Health Director will be here at Harper on July 26th to talk with us about the program-pizza first at noon. You might not need this program yourself-but I bet you know someone who does!



Orpheus in the Berkshires

Last Spring, Laura Savia, Associate Director of the Williamstown Theater Festival, started appearing here at Harper hosting workshops and working with some of our friends to incorporate their talents into a play written by Lucy Thurber. You may have met as well. Well guess what folks? They came, rehearsed it and now are actually ready to present the final product!

The play is a new spin on the Orpheus Myth set in the Berkshires, using local residents acting alongside professional actors. And we're a part of it! You can see it free at Greylock Works- the new facility at the former Cariddi Mill on State Road in North Adams on July 14, 15 and 16 at 7:30 or July 17 at 5:00. Free! I'm sure you'll love it so mark your calendars now!



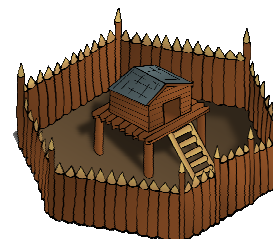
Ticks

Tis the season. I've pulled a big ole dog tick off my cat Harry, and he's an indoor kitty. Runs for cover when the door to the outside is opened, fear of being sucked into the vortex no doubt. If he can manage to attract a tick, how about us humans? Ticks are Arachnids, yup, a spider class of insect. (Icky!) They've been around for 90 million years and there are about 800 different varieties. They're "ectoparasites"-they live off blood, including that of humans (Double Icky) and worse some, particularly deer ticks, carry diseases. Lyme Disease is likely the most well known disease these parasites carry but there are others too. So-avoid high grassy areas, wear light clothing to spot them, tuck pants into socks when walking in high grass or woods and insect repellant can help too. If you suspect that you've been bitten contact your doctor. Most ticks don't carry contagion but ask to be safe!



Fort Massachusetts

The Hoosac River Valley was once a dark, uncivilized place where fear walked in the woods and death wasn't that far away. That would have been in the middle of the 18th century, just a few years ago. In order to protect settlers in these parts there were a line of forts established to defend against marauding native Americans and their French allies. One of these was built a few miles away in North Adams and actually was commanded by a dude named Ephraim Williams for a little while. You may have heard of him. Anyway, the fort was strategically placed in a bad spot and was surrounded, besieged, ultimately burnt and the survivors were marched off to Canada. We all know that the location of the Fort site is in the former Price Chopper but most don't know that the French troops and their Indian allies parked on a cliff behind the fort and fired on it. The archeological evidence has identified that site, currently owned by Wendy Champney, author of the book "The Forgotten Ledge". She'll be here on July 19th to tell us her fort stories. So join us for lunch and some local war stories .



AMP ish acknowledgments...

Aging Mastery is done until at least next spring. We want to congratulate the graduates of our most recent program! They participated in a ten week wellness series learning about and discussing many topics of interest such as nutrition and hydration, physical fitness, financial fitness and advanced planning. Well done folks! Facilitator Jennifer Munoz truly appreciated getting to know every participant and your completed surveys demonstrate that you all had a good time together!

Aging Mastery is an award winning program which is based upon the premise that if you make a few simple changes you'll greatly enhance your life. It works. Ask any of the graduates from our 3 classes. We'll return with another round in Spring 2017. Congrats grads! Have a great summer!



Java Judy and Kira!

A new spin on an old classic combining two of our most talented friends doing programs together. What more could one ask? Java Judy and Kira together teaming up to bring information and fun to us again! Kind of like the Beatles reuniting eh? OK, that's a tad far-fetched but never the less, two of our favorite people playing together. Cool.

They'll be here for the first time on Friday morning July 15 to meet with us to discuss programs we'd like to see them offer here during the coming year. We'll do an FTF event-hopefully on the terrace at 8:30 with them and take it from there. Sound good?



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Kira and Java J are offering a CPR/AED training with old friend Shawn Godfrey at Sweetbrook on July 21– it's 20 bucks a session and you can register or get more information on the topic by calling Sweetbrook at 458.8127

The Annual Williamstown Commons Community picnic will be held on Thursday 28th! Always a fun event with food and an opportunity to visit with old friends-mark your calendars!

Our friends at the Spitzer Center in North Adams have joined with us to sponsor a program with Blue Cross/Blue Shield for peeps approaching 65 including Medicare enrollment timelines, Medigap plans, plans and programs available to early retirees. Important stuff-missing Medicare enrollment deadlines could cost you money! This important program will be offered at the Spitzer Center on Ashland Street in North Adams on Thursday July 14 at 5:00. More information is available by contacting our friends at the North Adams COA at 662.3125. This event is a joint activity between the Williamstown and North Adams COAs. If you're close to 65 or know someone who is-think about it.

Page Four News and Notes

Serena Merrill, will be here on Tuesday July 19th to work on your feet, clipping nails, reducing calluses and massaging the soreness out. The skinny; July is full and she only has a single opening left for August. September is filling too folks so act quickly!

Are you challenged by the very technical stuff which comprises our health care insurance paperwork? our SHINE Counselor Peg Jenks, will be in the house on Wednesday July 20th at 10:30 to help. Appointments are not necessary but appreciated; Peg is also available for individual consultation outside of normal hours by contacting us in the COA office at 458-8250.

The monthly Blood Pressure Clinic, sponsored by our friends from Sweetbrook, will take place on Tuesday July 12th at noon.

The monthly Brown Bag, sponsored by the Food Bank of Western Massachusetts will be at Harper for pick up or delivery on Friday July 22nd. If you cannot be here on delivery day, make arrangements for someone else to hold them! We have limited space in our refrigerators and just can't accommodate a lot of food needing to be kept cold. Questions about brown bag? 458.8250

The Grief Support group will continue through the year-at least until June 2017. our new concept will be to support all forms of loss-people, pets, home, job-grief takes many forms and we'll be here to support as we can. Stay tuned for the re-launch dates-we'll follow up with these next week.